

DINNERLY



Feed A Crowd: Cheesy Bean Quesadillas

Same Meal Price, More Servings!



30 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 1 red capsicum
- 1 green capsicum
- 10g Mexican spice blend ¹⁷
- 2 x 400g five mixed beans
- 100g cheddar ⁷
- 2 x 6 flour tortillas ¹
- 150g Greek-style yoghurt ⁷

WHAT YOU NEED

- 2 garlic cloves
- 1¼ tbs olive oil
- 1 tsp red or white wine vinegar ¹⁷
- olive oil spray (optional)

TOOLS

- 2 oven trays
- foil
- large deep frypan
- box grater

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 590kcal, Fat 24.8g, Carbs 61.3g, Proteins 24.9g



1. Grill capsicums

Preheat the grill to high. Line 2 oven trays with foil. Crush **2 garlic cloves**. Quarter the **capsicums**, discarding the seeds. Put the capsicums on a lined tray, skin side up, drizzle with **2 tsp olive oil** and season with **salt and pepper**. Grill for 8 mins or until tender and slightly charred. Remove from the tray and set aside to cool, reserving the tray (leave the grill on).



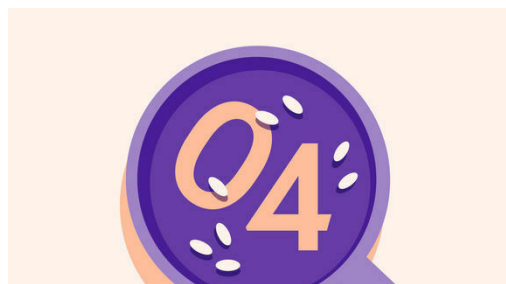
2. Cook beans

Meanwhile, heat **2 tsp olive oil** in a large deep frypan over medium-high heat. Cook **three-quarters of the garlic** for 30 secs or until fragrant. Add the **Mexican spice blend** (see Feed A Crowd) and the **beans and their liquid** and bring to the boil. Reduce the heat to medium-low and cook for 5 mins or until thickened. Remove from the heat. Taste, then season with **salt and pepper**.



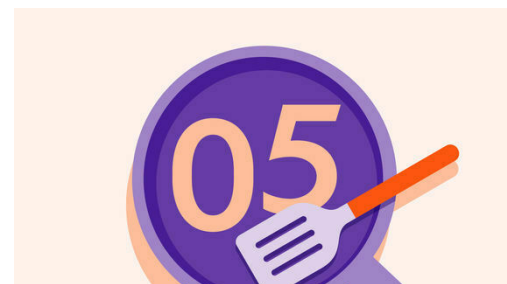
3. Prep ingredients

Coarsely grate the **cheese**. Cut **half the grilled capsicum** into small chunks and put in a bowl. Add **1 tsp olive oil** and **1 tsp red wine vinegar**, season with **salt and pepper** and stir to combine. Thinly slice the **remaining grilled capsicum**.



4. Assemble quesadillas

Lightly spray or brush one side of each **tortilla** with olive oil. Put, oiled side down, on the lined trays. Spread the **bean mixture** over half of each tortilla, top with the **sliced capsicum**, then scatter over the **cheese**. Fold the tortillas over to enclose the filling.



5. Grill and serve up

Stir the **remaining garlic** into the **yoghurt** and season with **salt and pepper**. Grill the **quesadillas** for 2-3 mins each side until golden and the cheese is melted (watch them carefully, as they burn easily). Serve the quesadillas with the **capsicum salsa** and **garlic yoghurt**. Enjoy!



6. Feed A Crowd

It can be hard to cater to everyone's tastes, especially when it comes to chilli! If you're worried about the heat, stir in half the Mexican spice blend and taste, then add more if desired. Serve any remaining spice or some chopped fresh chilli in a bowl on the table for those who do like to kick up the heat.